

# Coordinated diabetes care at Group Health

## How King County employees can earn Healthy Incentives Gold

If you have diabetes and get your care at Group Health, you're in good hands. Our health care teams are committed to making sure our patients with diabetes receive the very best care to stay as healthy as possible and prevent long-term complications from diabetes.

Because you're the one in charge of your diabetes every day, you're the most important member of your care team. The choices you make and actions you take each day have the biggest effect on your health and well-being. These choices and actions include eating healthier foods, staying physically active, taking your medicine, checking your blood sugar, not using tobacco, and getting to a healthy weight.

You don't have to tackle all these things at once. Your primary care doctor and nurse will help you figure out the most important place to start. They will also help you get the support and resources you need to successfully manage your diabetes. Depending on your individual needs, your care team might also include a physician's assistant, pharmacist, registered dietitian, social worker, and other support staff. Everyone on your team will partner with you to support you and develop a care plan that's right for you.

Getting the diabetes care that your doctor recommends can qualify you for Healthy Incentives Gold. You might also consider registering for a **Living Well with Chronic Conditions, Living Well with Diabetes**, or a **Better Choices, Better Health** workshop. These workshops are designed especially for people managing diabetes and other chronic health conditions. In-person and Web-based workshops are available at no cost to you and also qualify as Individual Action Plans for Healthy Incentives. Find out more about the workshops at [ghc.org/livingwell](http://ghc.org/livingwell), or call the Group Health Resource Line at 1-800-992-2279. More information about how these workshops qualify for Healthy Incentives credit is available at [kingcounty.gov/healthyincentives](http://kingcounty.gov/healthyincentives), or by calling King County Benefits at 206-684-1556.

Visit **Health and Wellness Resources** on the Group Health website at [ghc.org](http://ghc.org), for in-depth information about diabetes, meal planning, healthy eating, exercise, and hundreds of other health topics.

You can access online services available to our members by registering for **MyGroupHealth for Members** on the Group Health website. After you register you can refill prescriptions and get free shipping, fill out a health questionnaire and receive a personalized Health Profile report, and see your benefit coverage documents—all online.

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While your daily self-care is important, it's also important to stay up to date with your lab tests, exams, and clinic appointments. Keeping regular appointments with your care team and getting tests and exams on time helps you to be an active partner in your care.

- Lab tests give you and your health care team important information about how well your diabetes care plan is working.
- Clinic appointments give you a chance to ask questions and share ideas or concerns you might have about your care plan.
- Regular tests and exams help your doctor find and treat any problems before they get worse.

See the form on **page 3** for the appointments and tests we recommend for most people with diabetes. Depending on your age, gender, and overall health, your doctor might recommend additional tests, exams, or immunizations.

**To earn gold with the Healthy Incentives Program:** By July 29, 2016, visit your primary care doctor and complete the steps listed on the form on **page 3**. If you completed these steps between August 2015 and January 2016, that counts too!

If you receive your primary care at a Group Health Medical Centers clinic, you may log on to MyGroupHealth for Members and request an e-mail from your care team. Ask your care team to confirm that you've received the recommended diabetes care included on the form within the required timeframe. Then print the e-mail and attach it to the form on page 3.

### Questions?

- **Submitting the form:**  
Please contact Group Health Sales by phone at 206-448-4140, Monday through Friday from 8:00 a.m. to 5:00 p.m. – or by e-mail at [healthyincentives@ghc.org](mailto:healthyincentives@ghc.org)
- **Finding a primary care doctor or a Group Health Medical Centers clinic near you:**  
Please contact Group Health Customer Service by phone at 1-888-901-4636, Monday through Friday 8:00 a.m. to 5:00 p.m.

**Important:** You must submit the form on page 3, either signed by your doctor or with an attached e-mail from your care team, to Group Health no later than July 29, 2016.

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# King County Healthy Incentives Diabetes Control Program

## Annual Diabetes Care Confirmation

A visit with my primary care doctor once a year can help me stay on track and meet my goals.

I had this visit with my primary care doctor on: \_\_\_\_\_

During this visit my doctor or my doctor's assistant:

☐ Checked my height and weight

☐ Checked my feet

☐ Took my blood pressure

☐ Reviewed my medicines

My doctor also:

☐ Talked to me to see if I have any signs of depression

☐ Reviewed my labs

☐ Talked to me about my self-care goals

☐ Recommended that I get vaccinated against flu and pneumonia

| Other exams and tests | Why this is important  | How often I need this    |
|-----------------------|--|--------------------------|
| A1C                   | This blood test shows me and my doctor what my average blood sugar has been for the past 3 months. It lets us know how well my care plan is working. | Every 6 months or _____  |
| Creatinine            | This blood test checks to see how well my kidneys are working  | Every 12 months or _____ |
| Microalbumin          | This urine test checks my kidneys  | Every 12 months or _____ |
| Diabetic eye exam     | This eye exam looks at my retinas for signs of diabetic eye disease  | Every 2 years or _____   |

\_\_\_\_\_  
Signature of participant/patient

\_\_\_\_\_  
Signature of primary care doctor

\_\_\_\_\_  
Participant's full name (print)

\_\_\_\_\_  
Primary care doctor's name (print)

\_\_\_\_\_  
Healthy Incentives  
ID number

\_\_\_\_\_  
Participant's phone number  
(in case of questions)

\_\_\_\_\_  
Participant's email address

### Questions about Healthy Incentives or your benefits?

Contact King County Benefits at 206-684-1556, Monday through Friday 9 a.m. to 4 p.m.

### How to submit this form

| By Mail:  | By Fax         | By E-mail  |
|---|----------------|--|
| Jeremy Glines<br>Group Health Headquarters, W2N<br>320 Westlake Avenue North, Suite 100<br>Seattle, WA, 98109 | (206) 877-0604 | Scan your form with original signatures and e-mail to <a href="mailto:healthyincentives@ghc.org">healthyincentives@ghc.org</a> |

**Remember:** This form must be returned to Group Health by **July 29, 2016**. Either have your doctor sign it or attach a copy of the e-mail from your care team confirming that you've completed all these steps.